



McCabe

PILGRIMAGES

CANONESSES OF THE HOLY SEPULCHRE



PILGRIMAGE— ST PATRICK'S WAY

Tuesday 22nd April—Sunday 27th April 2025



Murlough Bay © Tourism Ireland photographed by Stefan Schnebelt

A reflective pilgrimage, walking around 4-5 miles a day through spectacular coastal and mountainous scenery of County Down – with options for non-walkers.

Slieve Patrick Statue



Pilgrimage - St Patrick's Way

22-27 April 2025

Explore the life and legacy of St Patrick. We stay in the welcoming and peaceful Tobar Mhuire Monastic foundation with the opportunity to join in prayerful meditation with the monks who live there.

Our journey takes in the spectacular coastal and mountainous scenery of County Down. Along the way we visit sanctuaries to St Patrick, as well as Abbeys, churches and Christian monuments. There is even the opportunity to go canoeing along the Quoile River where Patrick arrived to bring Christianity to Ireland!

The pilgrimage is open to all faiths and none and is aimed at being accessible to everyone – walkers and non-walkers.

TOUR INFORMATION

The cost is £1,899 per person sharing a double or twin room. It includes return flights, accommodation, coach transport and meals during the week.

The price is based on a minimum number of 15 participants. If the final number is lower than this, a supplement will be applied to the final invoice.

We stay at the Tobar Mhuire Monastic Retreat in Crossgar, County Down, one hour from Belfast.

The trip is on a full board basis with breakfast and evening meal being served at Tobar Mhuire. Lunches out are also included except possibly on travel days, depending on flight times.

Transport to and from the walks is by air-conditioned coach and we will be accompanied by our two guides who will look after the logistics and guide the walking.

All entrance fees are included as well as gratuities; these will be disbursed locally to those that help us on our journey.

Flights will be confirmed as soon as schedules are available and will be

direct between London Stansted airport to Belfast International airport and all airport and security charges are included as well as a 23kg luggage allowance.

Please note the itinerary may be subject to change due to local conditions.

Not included

Transport to and from Stansted.

Any taxi-fares during the week.

Travel insurance: this is essential. We require all travellers to have adequate cancellation and medical coverage for their journey. We recommend the policy with Holiday Extras who offer a comprehensive policy as well as yearly policies that also cover short UK overnight stays. See page 5 for cover details.

Single rooms: a limited number of single rooms are available at a supplement of £120 per person. For single travellers who do require single accommodation this should be requested when making a booking and, if a single room is available, the supplement will be payable.

Special Requests: should be noted at the time of booking.

Payments: a non-refundable deposit of £350 per person is required to secure your place. A further non-refundable deposit of £150 per person will be due by 21st June 2024. The final balance is due 12 weeks before departure.

Final Travel Documents: will be sent to you two weeks before departure.

Late Bookings: please note that for bookings made within 12 weeks of departure, the price may increase due to the fluctuating cost of flights. If this arises, we will always discuss this with you before processing your booking.

Walking each day will vary in length between four and five miles and will be mostly off-road along pilgrim paths, which are not too steep or rugged. If you are intending to walk you will need to bring comfortable walking shoes (not trainers), walking poles if you use them and a waterproof.

If for any reason you are unable to complete a day's walk or need some rest time, the guide can help you to arrange a taxi to take you back to the retreat centre or to where the coach will meet the group (taxi at your own cost).

TO MAKE A RESERVATION

To reserve your place, please complete the enclosed booking form and send it with a non-refundable deposit of £350 per person, to:
S. Moira O'Sullivan
43 Anderson Avenue, Chelmsford, CM1 2DA.

If you prefer to make a bank transfer, please email S. Moira on anderson2003@blueyonder.co.uk.
A further non-refundable deposit of £150 per person will be due by 21st June 2024



Tollymore Forest Park, Co. Down
Courtesy of Brian Morrison



Down Cathedral, Downpatrick. © Tourism Ireland/chris hill

OUR PILGRIMAGE

Day 1 | Tuesday 22 April | **TO BELFAST**

Fly from Stansted to Belfast City Airport. Meet your guide and drive to Tobar Mhuire Monastic Retreat in Crossgar, County Down for a welcome from the Cross and Passionist Monks. Dinner at Tobar Mhuire followed by an optional introduction to Monastic Meditation.

Day 2 | Wednesday 23 April | **COASTAL CAMINO**

Breakfast at Tobar Mhuire. Travel by coach to Ballyhorney Beach for a spectacular coastal walk along sandy trails and clifftops en route to Saint Patrick's Well by the sea. Walk to the historic Ardtolke church before going for lunch in the oldest Golf Club in the world in the charming medieval port of Ardglass. Return to the Saint Patrick Centre to discover the only permanent exhibition in the World about Patrick with Director Dr Tim Campbell.

From there you will be driven back to the Tobar Mhuire for dinner.

Day 3 | Thursday 24 April | **MOUNTAIN CAMINO**

Rise early for breakfast in the monastic tradition at Tobar Mhuire Monastery. Journey by coach to through the sweeping Mountains of Mourne to the Irish seaside village of Rostrevor. Receive a pilgrim's blessing from the Benedictine monks of Holy Cross Abbey, followed by a talk on faith & spirituality before taking the pilgrim's journey in the Footsteps of St Patrick. Visit the Benedictines to see an early Irish Celtic cross and ring Saint Bronagh's 10th century bell to mark the start of your 'pilgrimage'.

Our Guide will lead you on the spectacular Saint Patrick's Way from Rostrevor into the heart of the Mourne Mountains. Return to Tobar Mhuire for the evening meal.

Day 4 | Friday 25 April | **DOWNPATRICK**

Breakfast at Tobar Mhuire and then journey by coach to the nearby medieval town of Downpatrick, named in honour of Ireland's patron saint. You will spend the morning walking Saint Patrick's Way with our Guides visiting Inch Abbey where the legend of the snakes was written. There will be an optional canoe trip along the Quoile River where Patrick arrived to bring Christianity to Ireland. Visit the first church in Ireland at Saul, built by Patrick in 432 AD. This is a famous 'thin place' and where Patrick died on 17th March.

After lunch at The Barn in Saul visit St Patrick's Grave and the medieval Cathedral of Down. Return to Tobar Mhuire for a

rest and a chance to learn about Irish Celtic spirituality and the monks. Explore the grounds and woodland trails together before dinner.

Day 5 | Saturday 26 April | **NEWCASTLE**

After an early breakfast at Tobar Mhuire, journey by coach to Slieve Patrick to view the world's largest monument to St Patrick. Spend a little time exploring this sanctuary before departing for Saint Patrick's Healing Wells at Struell. This is an ancient pilgrimage and pre-Christian site which features a well in which St Patrick himself was said to have bathed.

Depart for nearby Newcastle for lunch at the Harbour Inn and travel into the Mourne Mountains for an afternoon ramble on forest paths along Saint Patrick's Way descending back into the seaside town. Explore Tollymore National Forest Park, the Shimna River, visit an ancient hermitage built into the riverbank before following the sleepy mountain path offering panoramic views of Slieve Commedagh and Slieve Bearnagh.

Return to Tobar Mhuire Monastery for a rest, a farewell dinner and sharing about the journey.

Day 6 | Sunday 27 April | **JOURNEY HOME**

Breakfast at Tobar Mhuire. Return to Downpatrick where you have free time to explore: you may want to spend more time at the Saint Patrick Centre and Down Cathedral or perhaps end your Journey at Saint Patrick's Grave. After lunch transfer to Belfast Airport for flight home.

Please note the itinerary may be subject to change due to local conditions and flights can also be subject to alteration but are correct at the time of printing.



The Saint Patrick Centre, Co. Down. Courtesy of the Saint Patrick Centre/Tim Campbell

THE EXPERT GUIDES

Martina Purdy was the BBC political correspondent for Northern Ireland and covered many of the main political events in Northern Ireland during the last 30 years including being in the White House when the Good Friday Agreement was signed. She has written an award-winning book about the Stormont parliament and her recollections from that time. Elaine Kelly was a successful barrister in Belfast for many years. Both Martina and Elaine have extensive experience in guiding the Way. Having two guides gives us the flexibility during the week for walkers and non-walkers.

TOBAR MHUIRE MONASTIC RETREAT



A sacred space in the heart of County Down, set in sixty acres of woodland, Tobar Mhuire offers peace and quiet in the beautiful surroundings. The Passionist Community in Tobar Mhuire is committed to keeping alive the authentic memory of Christ's Passion as a source of life and hope to all those struggling to find meaning in their lives.

The accommodation is in the newly renovated retreat house.

You can enjoy a relaxing stroll through the grounds exploring some of the unique heritage including Mary's Well (a holy well), Victorian walled garden and a spectacular view of the Mourne Mountains and Co. Down landscape.



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GENERAL INFORMATION

MCCABE PILGRIMAGES

McCabe Travel is a company well-known in church circles and recognised as Britain's foremost religious tour operator. McCabe has been responsible for organising hundreds of pilgrimages to the Bible Lands with churches from all over Britain for 40 years. The company is a member of AITO and is fully bonded with the Civil Aviation Authority.

THE MCCABE EDUCATIONAL TRUST

The McCabe Educational Trust is an independent registered charity with the aim of helping inspiring people we meet on pilgrimage in the Holy Land. McCabe Pilgrimages invite all travellers to become partners in this work. A £20 voluntary donation to the Trust's work is added to every pilgrim's invoice and all money raised in this way is given in full to the projects the Trust supports. This scheme is voluntary and confidential with nobody put under any pressure to participate.

PASSPORTS, VISAS AND HEALTH

Please ensure that your passport is valid for at least six months beyond the end of this pilgrimage. If you need a new passport apply early as there can be considerable backlogs at the passport offices. Visas are not required for British or other EEC passport holders. No inoculations are required. We do, however, advise you to consult your doctor regarding your own personal requirements.

HOLIDAY INSURANCE

Ensuring that your holidays are appropriately protected is one of our main priorities. That's why we have specifically chosen Holiday Extras as our preferred* travel insurance provider to ensure that you are protected before and whilst you are travelling.

Holiday Extras offer insurance that has been independently rated 5-stars by Defaqto and are authorised and regulated by the Financial Conduct Authority. They have also been awarded "Best Travel Insurance Provider" at the Travel Weekly Globe Awards for the past fourteen years. Holiday Extras provides a range of services...

- Holiday insurance - annual and single trip policies with cover for pre-existing conditions and all ages.
- Airport parking - including meet and greet and valet parking services.
- Airport transfers - travel in comfort with a door-to-door service.
- Airport hotels - never worry about getting to the airport in time. Travel the day before and relax.
- Airport lounges - enjoy refreshments in a comfortable and calm atmosphere before your flight.

For more information or to obtain a quote please go to their website

<https://www.holidayextras.com/travel-insurance.html?agent=WU987> Or call them on 0800 083 3551 to speak to a friendly advisor. Please quote AG628 upon calling to receive the best rates.

McCabe Travel acts as a referral partner of Holiday Extras. For all queries regarding insurance cover and claims please contact the Holiday Extras insurance team.



AITO QUALITY STATEMENT

McCabe Pilgrimages is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators and encourages high standards of quality and service. McCabe abides by the Association's Code of Conduct and adheres to the AITO Quality Charter which can be viewed on www.aito.co.uk.

Visit the website to find out more about the Association or call 020 8744 9280.

This pilgrimage is ATOL protected by the Civil Aviation Authority.
The McCabe ATOL number is 2920.



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